

Sick-Day Kit

Plan for sick days. Gather supplies in advance.

Ask your provider about prescribed medicines and to recommend over-the counter medications.

An adequately stocked sick day kit should contain:

- Provider or telephone care phone number
- Blood glucose testing equipment
- Ketone test strips (if type 1)
- Clear liquids with sugar (apple juice, regular soda, popsicles, Kool-Aid®, Jell-O®)
Use these when glucose is near goal and “real food” is not tolerated
- Clear liquids without sugar or caffeine
- Thermometer
- Acetaminophen
- Decongestant
- Sugar free throat lozenges, sugar free cough drops or syrup
- Anti-diarrheal medicine (check with your provider)



Contact Your Health Care Provider if You Have:

- A fever of 101° Fahrenheit or greater
- You have cold or flu symptoms that last longer than ____ days
- Nausea, vomiting or diarrhea persist, especially if no food or fluid intake for more than ____ hours
- Symptoms of shakiness or nervous feeling, lightheadedness, sweating, rapid heart rate or confusion that do not improve after eating carbohydrate foods
- Any of the following problems on the feet: burns, splinters, stubbed toe, foot trauma, blister, swelling, black and blue discoloration, bleeding, or oozing of fluid
- Urine tests that show moderate to large amounts of ketones
- A persistent cough
- Change in vision
- A sore or cut that does not heal
- Tooth pain



Seek Urgent or Emergency Care if You Have:

- Chest pain or shortness of breath
- Trouble breathing, swelling of your legs and hands and have weight gain (in general, if you gain more than 2 pounds overnight or more than 3-5 pounds in one week)
- Numbness or tingling in arms or hands, trouble walking, or stumbling
- Confusion or can't think clearly

